



## MEAT STUFFED PUMPKIN



### Ingredients

#### Pumpkin:

small sugar pumpkin (6" in diameter)  
2 tbsp oil  
1 tbsp maple syrup

#### Stuffing

¾ cup dry wild / brown rice  
1 ½ cups water  
2 tbsp oil  
2 cups (450 grams / 1 lb) ground pork /turkey /beef /or meat substitute  
1 small onion, diced  
1-2 tbsp minced garlic

1 ½ cups chopped carrots  
1 cup chopped apple  
1 cup frozen peas, defrosted  
3 tbsp fresh chopped sage  
2 tbsp fresh chopped rosemary  
2 tsp dried parsley  
2 tsp dried thyme  
2 tsp cinnamon  
1 tsp ground pepper  
2 tsp salt  
1/2 – ¾ cup maple syrup / brown sugar  
2-3 tbsp rum / bourbon  
2 tbsp butter  
1/2 cup dried cranberries



### Instructions

Servings  
**8**

Prep  
**30 mins**

Stovetop  
**1 hour**

Bake Time  
**1.5 hours**

Total Time  
**2-3 hours**

1. Preheat the oven to 375 ° F.
2. Rinse the wild rice. Add the cleaned rice and 1 ½ cups water to a pot. Cover and bring to a boil, then reduce the heat to low and simmer for 45 minutes. Once cooked, drain off any excess water and set aside.
3. Wash and dry the pumpkin. Cut the top off and scrape the back side of the pumpkin lid clean. Empty the pumpkin seeds and guts out of the cavity and scrape the inside clean with a spoon. Save the seeds for roasting another time.
4. Rub the inside of the pumpkin and the lid with 2 tbsp oil and 1 tbsp maple syrup. Sprinkle with a pinch of salt. Place the pumpkin and the lid in a baking tray with tall sides. Bake at 375 ° F for 35-45 minutes.
5. Prepare the stuffing next. Peel and chop the carrots and apples, dice the onion, mince the garlic, and chop all the herbs, then place aside.
6. Add 2 tbsp of oil to a large frying pan over medium-high heat. Once hot, add the ground meat and stir fry for 8-10 minutes.
7. Add the carrots, onions and garlic to the pan. Cook for another 5-10 minutes.
8. Reduce the heat to medium. Add the apples, peas, herbs, cinnamon, salt and pepper. Let simmer another 5 minutes.
9. Add the cooked rice to the stuffing mixture.
10. Add the maple syrup, butter, and bourbon to the stuffing, then stir. Remove from the heat and add the dried cranberries.
11. Remove the pumpkin from the oven. Spoon stuffing into the pumpkin's cavity, then return to the oven to bake for another 30-40 minutes.
12. Remove the pumpkin pan from the oven, and serve the pumpkin in its baking tray, or transfer to a serving plate.
13. To serve, cut the pumpkin into wedges like you would a cake, or scoop out servings of the insides and pumpkin flesh.